

# What can the health care sector do about patients' social conditions?

Laura Gottlieb, MD, MPH

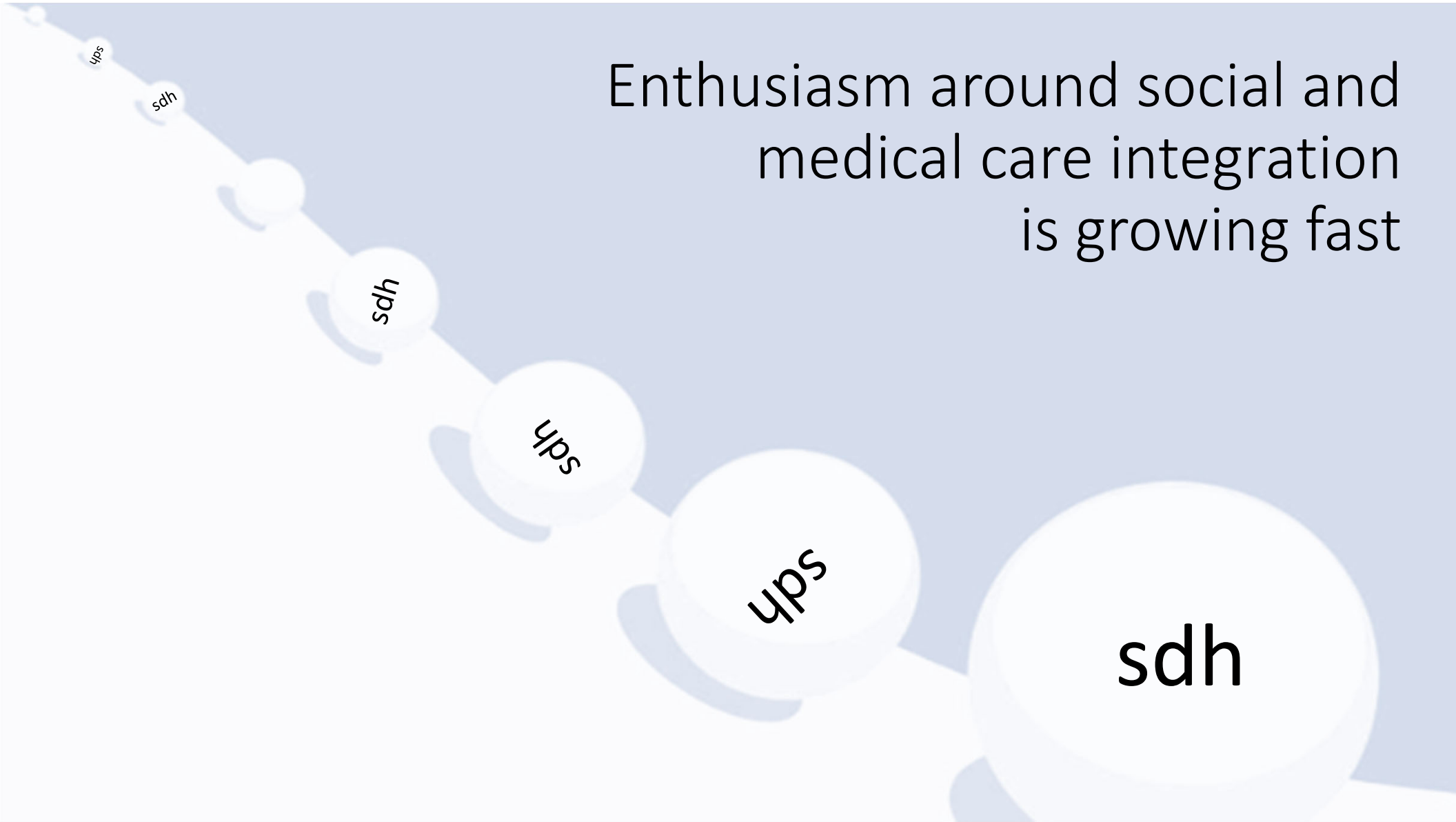
Director, Social Interventions Research and Evaluation Network

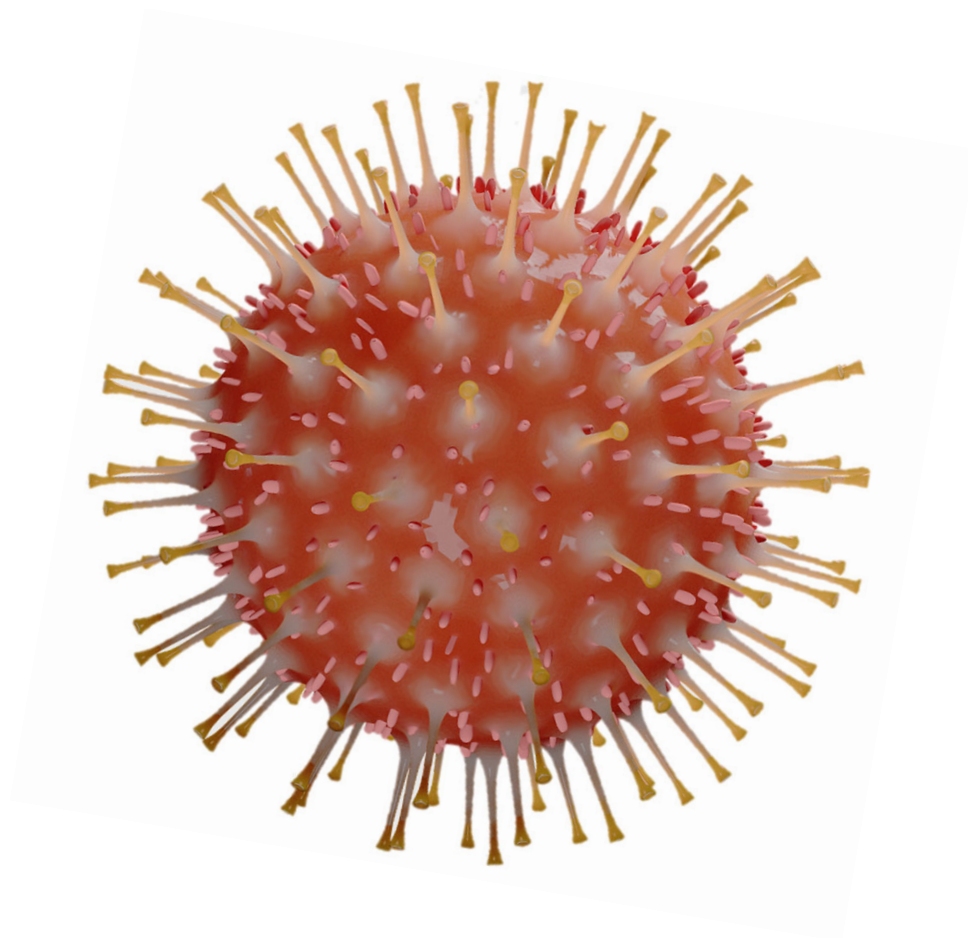
Associate Professor, Department of Family Medicine, UCSF



[SIRENetwork.ucsf.edu](http://SIRENetwork.ucsf.edu)

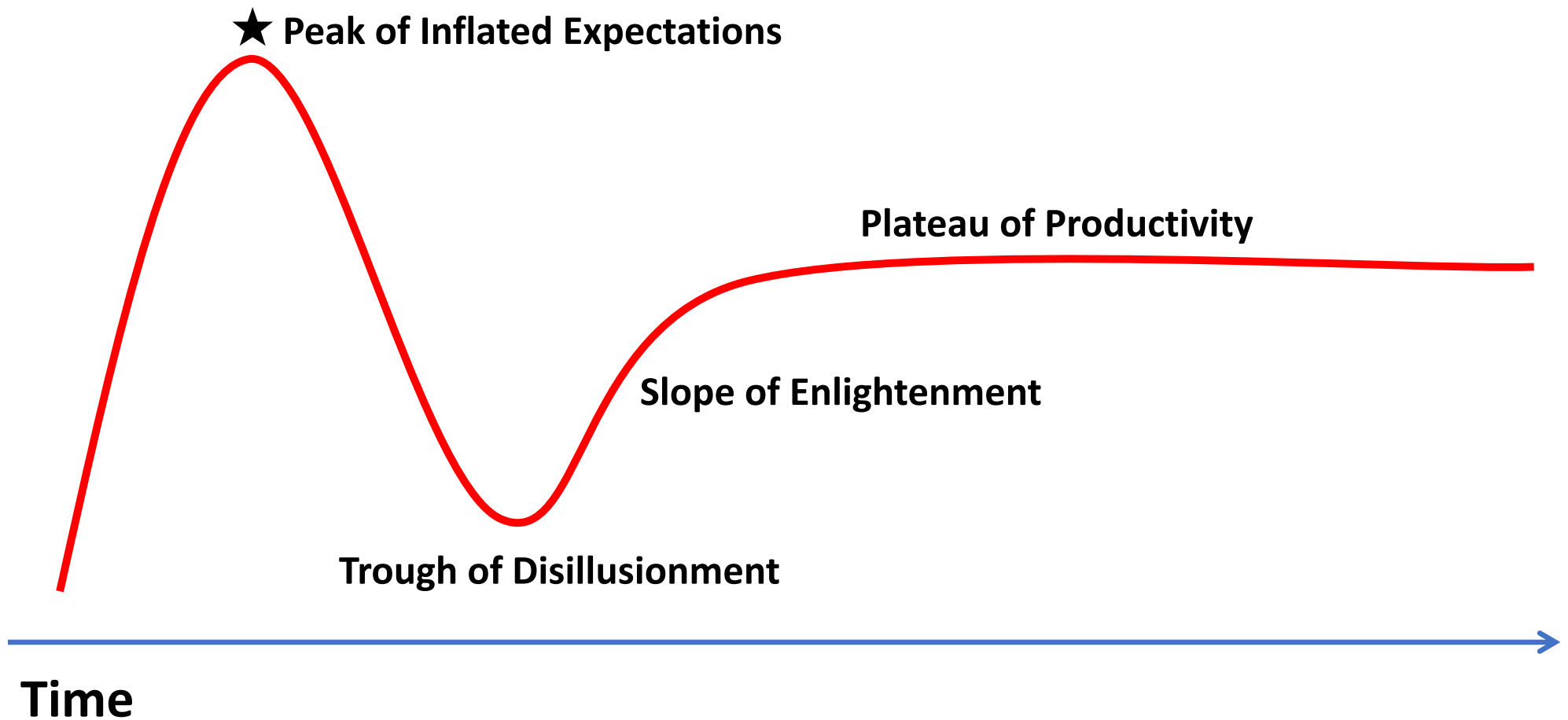
Enthusiasm around social and  
medical care integration  
is growing fast







# SDH on the health care innovation curve





*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

CONSENSUS STUDY REPORT

# INTEGRATING SOCIAL CARE INTO THE DELIVERY OF HEALTH CARE

MOVING UPSTREAM  
TO IMPROVE THE  
NATION'S HEALTH

# NASEM Committee

## Patient-focused strategies

### Awareness

Identify social risk factors

### Assistance

Intervene on social risk factors

### Adjustment

Accommodate care to social risk

### Alignment

Align existing resources

### Advocacy

Develop new resources

## Community-focused strategies

# NASEM Committee





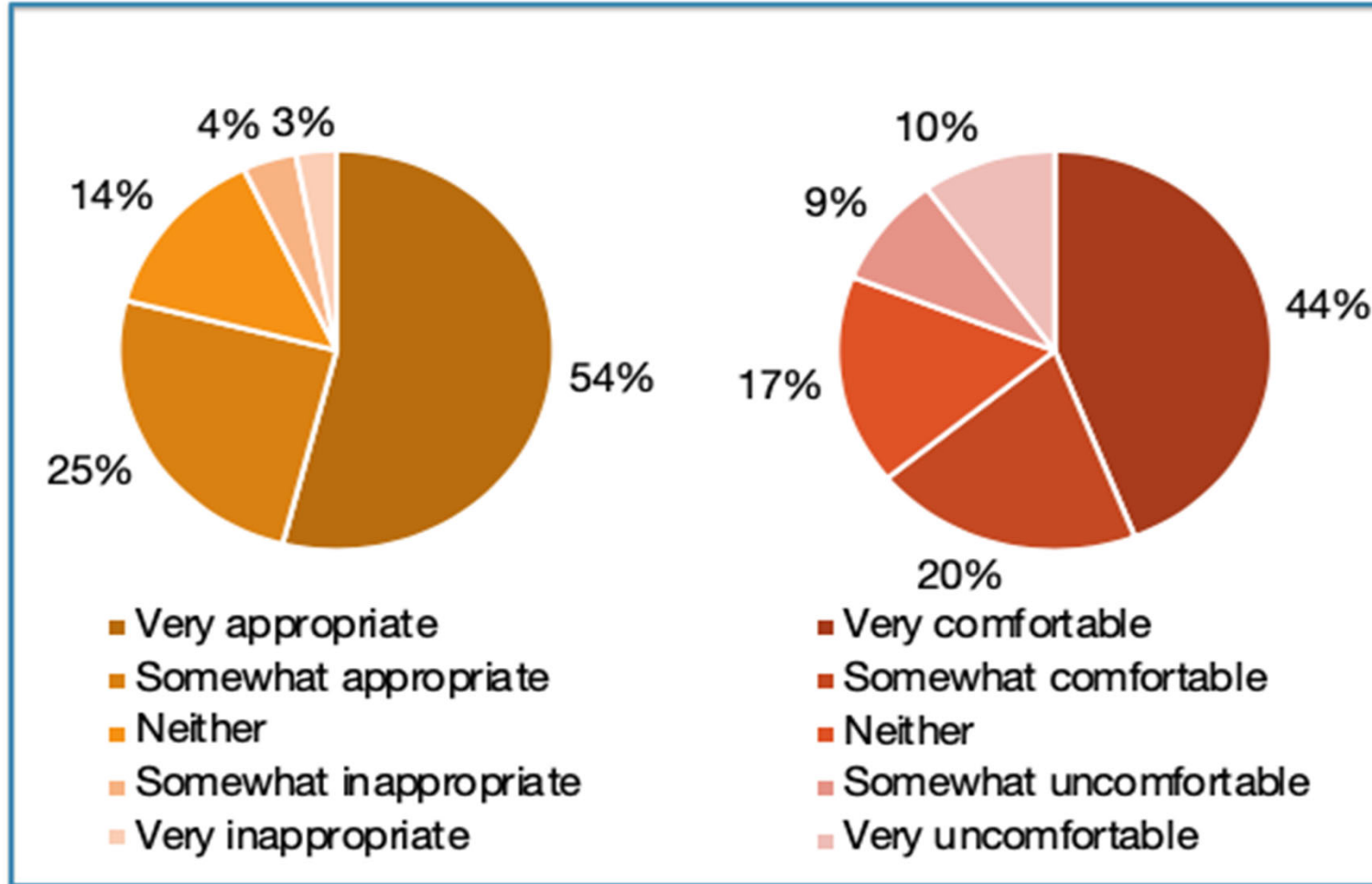


## Systematic data collection

<b>Social &amp; economic risk screening tool</b>	<b>Recommended Social and Behavioral Domains and Measures for Electronic Health Records</b>	<b>PRAPARE: Protocol for Responding to and Assessing Patient Assets, Risks, and Experiences</b>	<b>CMS Accountable Health Communities Screening Tool</b>
<b>Total # of questions</b>	24	21	10
Housing		<input type="checkbox"/>	<input type="checkbox"/>
Food		<input type="checkbox"/>	<input type="checkbox"/>
Clothing		<input type="checkbox"/>	
Utilities (phone, gas, electric)		<input type="checkbox"/>	<input type="checkbox"/>
Medicine/health care		<input type="checkbox"/>	
Child care		<input type="checkbox"/>	
Transportation		<input type="checkbox"/>	<input type="checkbox"/>
Neighborhood safety		<input type="checkbox"/>	
Interpersonal violence/safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	<input type="checkbox"/>		
Social connections/isolation	<input type="checkbox"/>	<input type="checkbox"/>	
Stress	<input type="checkbox"/>	<input type="checkbox"/>	

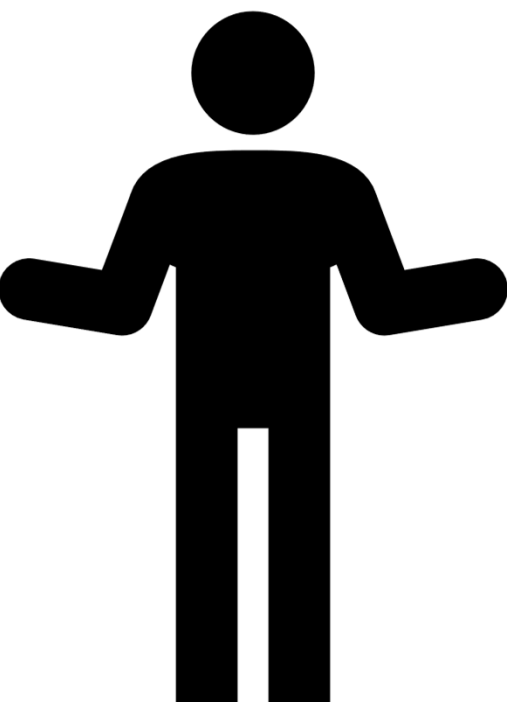
Social risk screening tools comparison table:  
<https://sirenetwork.ucsf.edu/tools-resources/screening-tools>

# Patient/caregiver acceptability of screening



De Marchis, et al. *Am J Prev Med*, Nov 2019.

# Prevalence of screening depends on how/who is asked



	Any social risk (eg. food, housing, utilities, transportation)
Patient surveys	22%
Admin leaders	92%

Fraze. et al. *JAMA Netw Open*. 2019.  
Cartier, et al. *BMC Health Serv Res*. 2020.

# Technology can facilitate awareness activities

**Nick Zzzsdhcarraway**  
Male, 29 year old, 10/22/1989  
MRN: E7240023  
Code: Not on file (no ACP docs)

9/30/2019 visit with Nonbilling for Office Visit

**Social Determinants of Health (Last 12 Months)**

**At Risk:**

- Financial Resource Strain: At Risk - 1d ago (10/3/2019)
- Housing: At Risk - 1d ago (10/3/2019)
- Food: At Risk - 1d ago (10/3/2019)
- Transportation: At Risk - 1d ago (10/3/2019)
- Utilities: At Risk - 1d ago (10/3/2019)
- Physical Activity: At Risk - 1d ago (10/3/2019)
- Employment: Not at Risk - 1d ago (10/3/2019)

**Not at Risk:**

- Safety: Not at Risk - 1d ago (10/3/2019)
- Social Connections and Isolation: Not at Risk - 1d ago (10/3/2019)
- Stress: Not at Risk - 1d ago (10/3/2019)
- Employment: Not at Risk - 1d ago (10/3/2019)

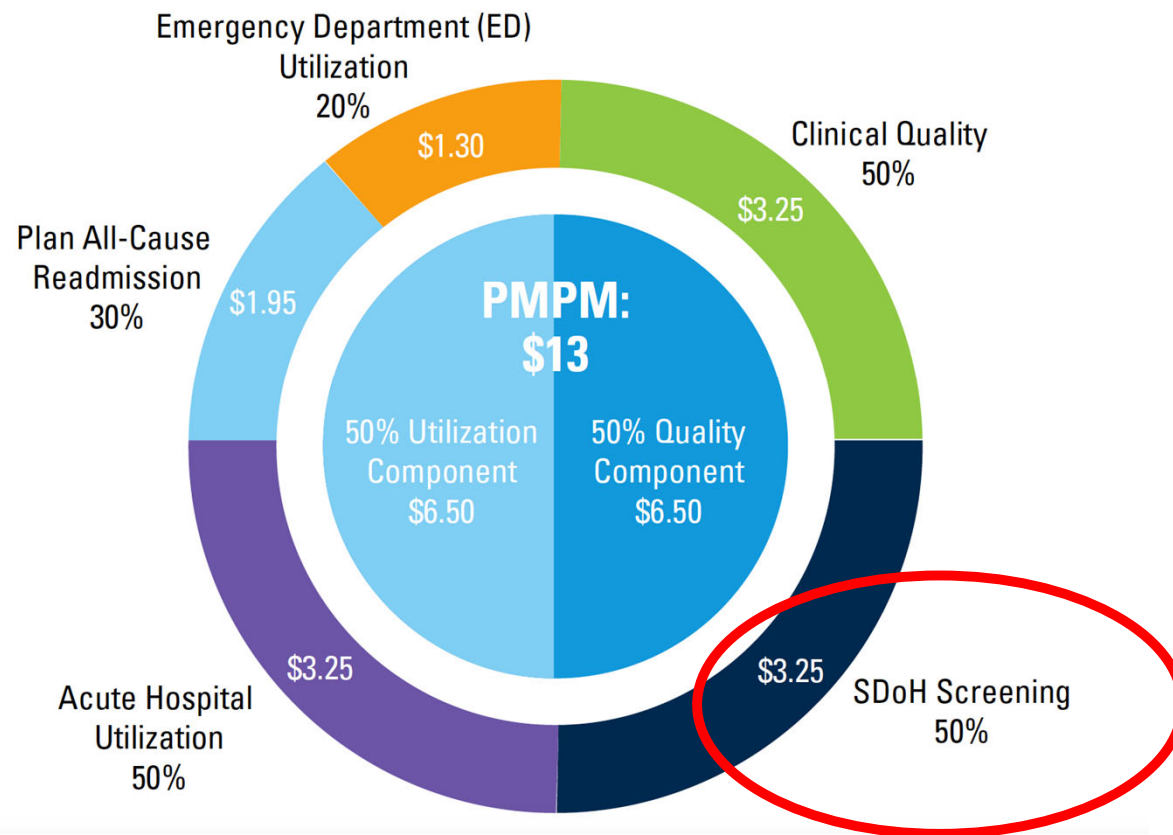
Launch Social Determinants of Health Synopsis (More data may exist)

Social Risk Screening  
incorporated into  
History/Intake

Care Team members track  
and update Social  
Determinants in History  
questionnaires

# Payment can facilitate awareness activities

FIGURE VII.4.2-1: Incentive Opportunity Components and Sub-Components: Family/Adult Track



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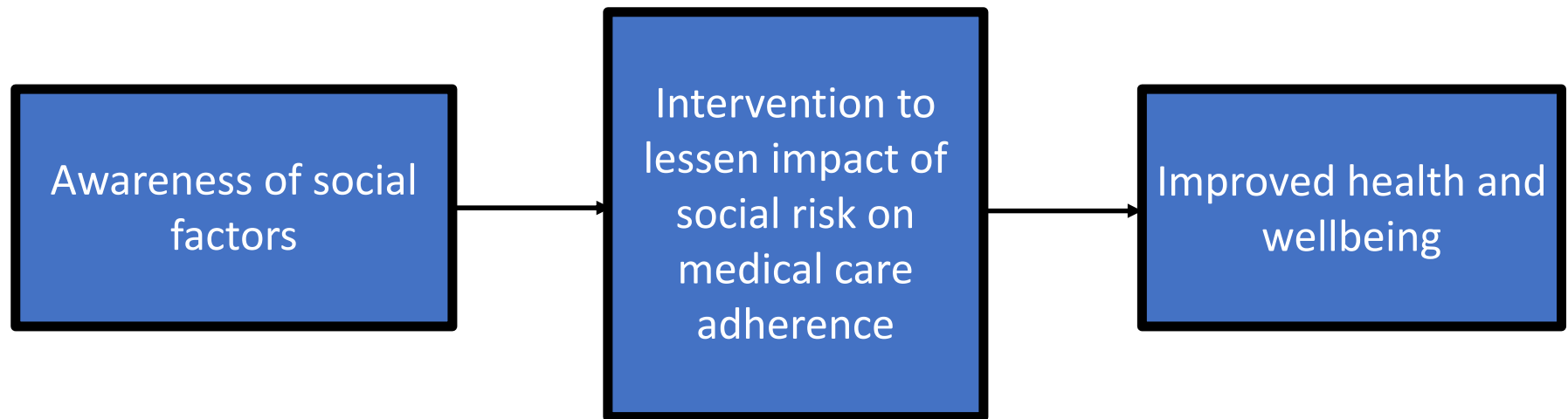
Develop new resources

## Community-focused strategies

# Adjustment strategies

Adjust care to social context, e.g.:

- Access
- Diagnostics
- Treatment





# Adjustment strategies: Diabetes case

Clinical decisions influenced by social risk data	Example
Target level of blood sugar control	Increase goal HgA1c to avoid hypoglycemia risk in patient w/ limited food or fridge access
Medication management	Change type of insulin to reduce medication cost; change to higher dose with pill splitter
Making recommendations	Change physical activity recommendations based on safety
Making referrals	Schedule to same day appointments or telehealth visit to improve transportation access

Table adapted from Senteio, et al. JAMIA 2019

# Technology can facilitate adjustment activities

Drug	Out-of-pocket price range for Medicare Part D enrollees	Low price	Average price	High price
Warfarin	\$0   ● \$3	\$0	\$3	\$3
Dabigatran	\$22   — ● —   \$436	\$22	\$109	\$436
Apixaban	\$22   — ● —   \$448	\$22	\$112	\$448
Rivaroxaban	\$23   — ● —   \$452	\$23	\$113	\$452

**Low price** represents a 5% coinsurance payment in the catastrophic coverage phase of benefit.  
**Average price** represents a 25% coinsurance payment in the initial and coverage gap phases of benefit.  
**High price** represents the drug list price paid fully under a deductible or paying without insurance.

**Example of an Alternative Design for Monthly Out-of-pocket Cost Information for Medicare Part D Covered Medications**

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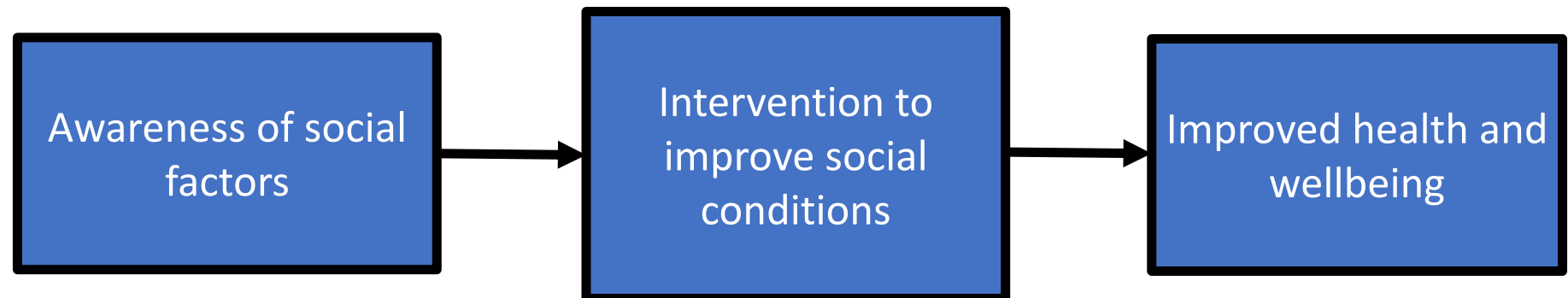
Develop new resources

## Community-focused strategies

# Assistance strategies

Change social context, e.g.:

- Food
- Jobs
- Housing

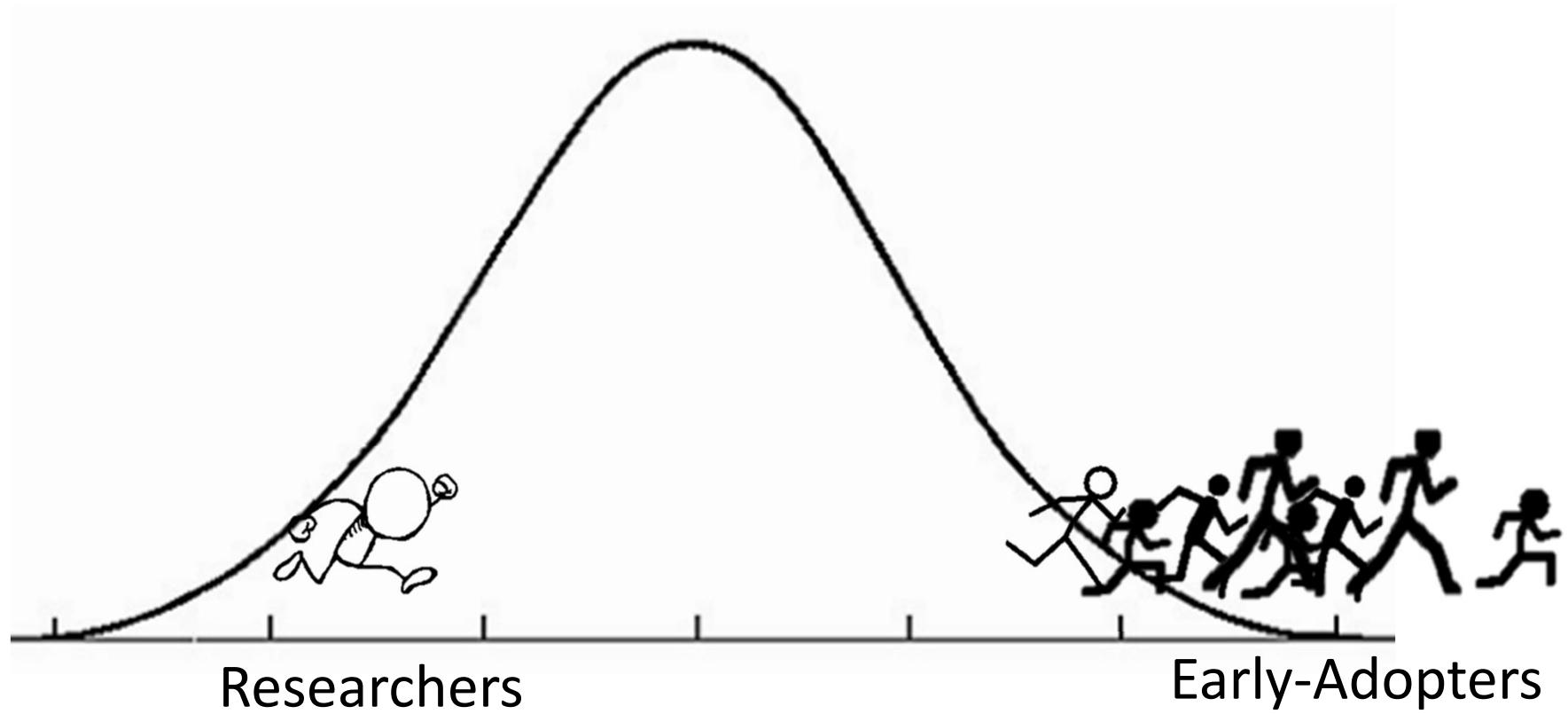


# Technology can facilitate assistance strategies



## Offerings

- Resource and referral data
- Data exchange
- Community-based network
- Predictive analytics



## Social care practices, ethics, and equity

Social care practice example	Related medical ethics questions
<b>Screening for food security at every clinic visit (<i>Awareness</i>)</b>	Could screening exacerbate perceived or actual discrimination?
<b>Changing medications based on affordability (<i>Adjustment</i>)</b>	Are all treatments equally efficacious? Are families aware of benefits and drawbacks of different treatment options and giving opportunity to elect less expensive medications?



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## Example: Food security

Awareness	Adjustment (Social Risk- Informed Care)	Assistance (Social Risk-Targeted Care)	Alignment and Investment	Advocacy
Ask patients about food security	Adjust insulin doses to avoid hypoglycemia when food benefits get low	Connect patients with food assistance programs	Co-locate food programs on health care campuses; source locally grown food for cafeteria; share data about food security w/ CBO	Advocate for larger food benefit packages

# Social Interventions Research & Evaluation Network

SIREN's mission is to improve health and health equity by catalyzing and disseminating high quality research that advances health care sector strategies to improve social conditions.



Catalyzing high  
quality research



Collecting &  
disseminating research



Consulting on  
research & analytics

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